



BACK TO HEALTH

with
Dr. Tom Popow & Dr. Wendy Popow



TAKING A STAND AGAINST BACK PAIN

If you spend a good deal of time in a stooped position, you can avoid lower back pain by taking frequent walking and standing breaks. That is the conclusion of researchers who used a device known as an “accelerometer” to measure spinal posture in employees. What came to the researchers’ immediate attention was that employees who experienced low back pain spent much more time bent over forward from the waist than those with no back pain. It was found that spending more time with their backs flexed more than ten degrees resulted in the highest incidence of back pain. By changing their posture frequently, employees were better able to fight fatigue and reduce strain on their backs.

Among people seeking back pain relief alternatives, most choose chiropractic treatment. At **SUNSET RIDGE CHIROPRACTIC**, we provide effective pain relief for a wide variety of conditions. Maybe it’s time you called us at **577-3974** to schedule an ap-

pointment. Our office specializes in providing gentle, safe, and effective chiropractic care to people of all ages. We can eliminate your pain and start to correct the cause of your problem. Regular chiropractic adjustments can go a long way in keeping you in good health. Chiropractic doesn’t cost – it pays! Our office is located at **1100 Holly Springs Rd. Ste. 100**, between Homegrown Pizza and the HS Learning Ctr. We utilize sophisticated computerized technology to pinpoint and treat your problem areas. The treatment is consistent, measurable and extremely gentle.

Keep yourself informed about health – go to tompowblog.com!!!

P.S. By taking breaks from stooping positions, and walking or standing up straight, employees can stimulate muscle contraction and relaxation that helps nourish spinal tissues and provide muscles with periodic rest.

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PROADJUSTER